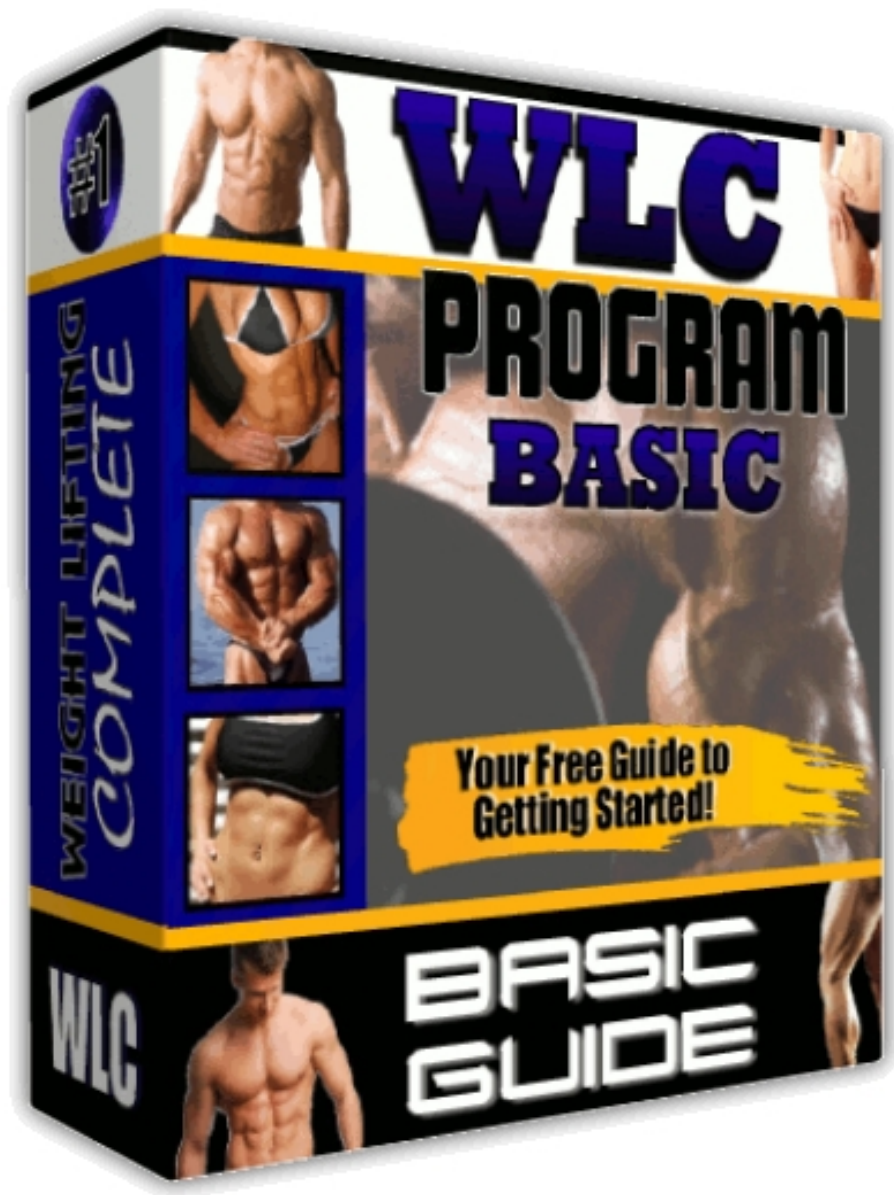


## 10 Things You MUST Do to Get a Great Body

Your Free Guide to Getting Started  
"The Basic WLC Program"



Compliments of [Weight-Lifting-Complete.com](http://Weight-Lifting-Complete.com)

## **Disclaimer**

**Always** consult your physician before beginning any exercise program, diet, aerobic exercise, weight lifting, or any other physical exercise.

Your doctor should give you a physical just to ensure you're healthy enough for weight lifting, cardiovascular exercise, and other activity. You should get a physical periodically. Talk to your doctor.

Your doctor knows your health status better than anyone. So, make sure you get permission from your doctor before changing or implementing anything related to diet, exercise, supplementation, or anything else related to the WLC Program contents.

The Basic WLC Program and its contents are for educational and informational purposes only and are not intended as professional or medical advice. The purpose of the WLC Program is to provide healthy people with a complete exercise and diet program that helps them to lose body fat and build muscle.

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Thanks for your understanding,

*Josh*

## Introduction

This manual is a guide to getting started on the right track to getting the body you've always wanted. This is a free guide to getting started and only some of the basics of the WLC Program are covered here.

The Full WLC Program is a complete package that I've developed over the last 10 years that is guaranteed to help you get the body of your dreams in the shortest possible time.



If you enjoy this free manual, please consider the [Full WLC Program Package](#). Your results will vastly improve, and the body you've always wanted will become a reality much sooner than you expect.

You have no risk at all with the WLC Program. You can try it for 60 days, and you're covered by a full money back guarantee. I trust and believe in the WLC Program that much!

If you want more details on the Full WLC Program Package, you can go to the [web page link](#) or you can [take this link](#) to another section of this manual.

I hope you enjoy this free manual. You'll get a great start with this manual, and then you can continue to build upon the basics with the Full WLC Program Package.

Good luck and let me know if you need help with anything. I'm more than willing to help you with any questions you might have. Don't hesitate to ask.

Warm Regards,

*Josh*

Email: [josh@weight-lifting-complete.com](mailto:josh@weight-lifting-complete.com)

P.S. Optimal results are achieved through the Full WLC Program Package. You can get instant access to the program today. The cost is only \$49 today. You can [get your copy right now](#).

Now, let me tell you about **10 things you MUST do** to get the best results of your life. If you're serious about getting a great body very quickly, you need to do these 10 things...

## **Navigation of this Manual**

In the top right corner of each page, you will find a link to the main table of contents for this manual. Each and every page has this link to make navigation of this manual much easier for you.

The main table of contents, shown on the next page, includes links to each section of this manual.

Please read this manual in its entirety before beginning the Basic WLC Program. If you have any questions that need answering, please email me: [josh@weight-lifting-complete.com](mailto:josh@weight-lifting-complete.com)

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**10. Get the Full WLC Program Package**

## 1. Weight Lifting Basics

In this section, you're going to learn the bare essentials of weight lifting for building muscle and strength. **These are the basics only.** Full weight lifting details are given in the Full Package.

If you learn the basics of weight lifting, you'll be years of ahead of others that never took the time to start out correctly. Let's get started...

### 1.1. Required Equipment

In order to perform the Basic WLC Program, you're going to need access to some basic weight lifting equipment. I'm going to show you what you need...

#### #1: Power Rack



A good power rack is a must! This is the center piece of any gym. A good power rack will have a chin up bar and possibly dip bars.

A power rack provides you with everything you need to work out safely. You don't need a workout partner. You don't need a spotter. Spotter bars are included with every power rack.

See the power rack in the image to the left. I've searched for the best power rack I can find that doesn't cost thousands of dollars.

If you are looking for a good power rack, [this one](#) includes dip attachments and a chin up bar.

## #2: Adjustable Bench



You will need a good adjustable bench that you can slide in and out of your power rack.

You'll need the bench to perform some of the best exercises.

The best adjustable bench that I can find for a great price is shown in the image to the left and can be found [here](#).

## #3: Olympic Barbell Sets



You need at least one 300 pound Olympic barbell set.

I personally like to have two so I don't have to move the bar from inside the power rack to outside the power rack.

You'll save a lot of time and energy if you get two barbells and lots of extra weight plates. Most commercial gyms will have plenty of barbells and weights.

If you are building a home gym, I highly recommend two barbells and lots of extra weight plates. You can find more info on available barbell sets [here](#).

## #4: Adjustable Dumbbell Set



You're going to need a good set of adjustable dumbbells. I made a huge mistake building my home gym and went with fixed dumbbells. They take up too much space and cost entirely too much.

See the dumbbells in the image above? Those dumbbells will save you thousands of dollars and tons of space. You get 5 to 90 pound dumbbells in 5 pound increments. So you get 18 pairs of dumbbells in one.

You can find out more about the adjustable dumbbells I highly recommend [here](#).

That's all the equipment you need to get started correctly with weight lifting. There's no need to waste money on useless machines or any other useless equipment.

A home gym will initially cost you more but will save you thousands per year in gym membership fees, gas costs, and wear and tear on your vehicle. A home gym is more convenient and saves you so much time!

Building a home gym is easy when you learn exactly what you need. The WLC Program teaches you how to save thousands of dollars per year with a home gym. You'll be more consistent with your workouts, save time, save money, and get better results! You can learn how with the [Full WLC Program](#).

## **1.2. The Best Exercises**

Later in this manual, you're going to find the Basic WLC Program weight lifting workout. The workout program uses only the best weight lifting exercises for building muscle and strength:

#1: [The Squat](#)

#2: [The Deadlift](#)

#3: [The Bench Press](#)

#4: [The Pendlay Row](#)

#5: [The Overhead Press](#)

#6: [The Chin Up](#)

#7: [The Dip](#)

#8: [The Calf Raise](#)

#9: [The Curl](#)

#10: [The Extension](#)

At each of the links above, you'll find more information on each exercise. You'll find videos, discussion, and more. Make sure you watch the videos because later you'll need to know how to do them for your actual workouts!

Please watch the videos of the exercises. You may just learn something new that you didn't know. You can actually choose any curl or extension on those web pages for the Basic WLC Workouts.

I lifted weights for 7 years before I learned proper form through [this book](#). My strength and muscle gains skyrocketed after learning proper form. Also, check out the [DVD](#) that goes along with the book I mentioned – great instructional tool!

One of the best things you can do is to spend some time learning how to do these exercises properly. No one spends the time learning the exercises and many people waste years of progress. I've been there!

Take it from someone who learned the hard way. Take your time studying the exercises, practicing, and learning how to do them properly. I really can't stress this enough.

You can start this program and take your time learning the exercises. This program was developed to help you learn the proper methods for

lifting weights. Do not get in a hurry. Take your time and perfect your form.

### **1.3. Warming Up Properly**

Warming up before a workout and before each exercise is vital to your success! You will greatly decrease your risk of injury and you'll increase your performance in the gym.

You'll be able to lift heavier weights throughout your workout, which will lead to faster results and bigger changes when you look in the mirror.

There are two different warm ups that you're going to need to do. First: a pre workout warm up is required before you touch any weights. Second: specific exercise warm ups need to be done to get you acclimated to a new exercise.

For the pre workout warm up, spend about 5 minutes on any cardio machine or cardiovascular activity such as jogging. Then do some jumping jacks followed by some body weight squats and push ups.

For specific exercise warm ups, you need to follow these guidelines:

1. Never do more reps for a warm up set than the target number of reps for a working set. If you are going to be doing 10 reps on a working set, do not perform over 10 reps on a warm up set as an example.
2. Decrease the number of reps in each successive warm up set while increasing the weight.
3. Do more warm up sets at the beginning of your workout and less as you progress through your workout.

Specific exercise warm ups are a requirement. You need to slowly increase the weight during warm up sets and allow your body to become acclimated to the new exercise before jumping straight into heavy weights.

Warm ups are very important so please treat them that way. Take your time and ensure you are warm before continuing with your workout.

In the [WLC Program Package](#), you will get specific guidelines to follow with percentage charts showing you how much to increase the weight with each successive warm up set. When you warm up properly, you lift heavier weights throughout your workout and get better results!

## **1.4. A Proper Rep**

There are four parts to every rep that you do for any given exercise. Do you know what they are?

1. Lifting portion also known as the positive or concentric portion of a rep.
2. Peak contraction at the very top of each rep.
3. Lowering portion also known as the negative or eccentric portion of a rep.
4. Full stretch at the very bottom of each rep.

It's very important that you do each rep with proper form. Do not stop short of peak contraction, and do not stop short of the full stretch. Lift forcefully and lower the weight under control.

The negative portion of each rep is the most important, but each part of every rep is very important. Have you ever seen someone do Pull Ups?

Most people stop short of a peak contraction and stop short of the full stretch and never get their chin above the bar. They are cheating on each rep because it's easier that way.

But they're only fooling themselves because they're not getting the full benefit of the exercise!

Ensure that you concentrate on each and every rep. Do not cheat on your reps. Progress will be much faster when you perform reps properly. Reap the benefits of each and every rep when you use proper form.

Weight lifting can get pretty tough as the weights start to get heavier. You've got to keep on pushing hard, though. The [WLC Program](#) contains tips and tricks for lifting heavy weight much easier. These tips and tricks work wonders! I've surprised myself many times using these tips and tricks.

## **2. Diet & Nutrition Basics**

In this section, you're going to learn how to put together a basic WLC diet. The basic WLC diet will help you get started eating the proper foods, the proper amount, and at the proper times.

These are only the basics, but the guidelines given to you in this section will get you started on the right track...



### **2.1. The Basic WLC Diet**

You're going to need to start counting calories each and every day. There's no way around this. It's very easy to get started and with some practice, it's very easy to keep track of the foods you eat.





In the [WLC Program Package](#), you get the WLC Log Book which includes an easy to use food database. You simply enter foods and numbers from nutrition labels. Then, each night you can easily get totals. The Log Book calculates everything for you!

I only spend a few minutes each night getting the total number of calories, protein, carbs, fat, and the percentages of each in my diet. The WLC Log Book makes calorie counting simple, quick, and easy.

Finding the number of calories you need to get started building muscle or losing fat can be difficult. I'm going to give you any easy way to estimate the amount of calories you need to build muscle or lose fat.

Starting calories for fat loss = body weight in pounds x 13

Starting calories for muscle building = body weight in pounds x 16

Now you have the number of calories needed to start your diet. How many protein, carbohydrates, and fat grams do you need?

**30% of calories from Protein**

**50% of calories from Carbohydrates**

**20% of calories from Fat**

**As an example**, let's say your starting calories came out to be 3000 calories. In order to get your targets for protein, carbs, and fat, you would need to do the following...

$3000 \times 30\% = 3000 \times 0.30 = 900$  calories from Protein

$3000 \times 50\% = 3000 \times 0.50 = 1500$  calories from Carbohydrates

$3000 \times 20\% = 3000 \times 0.20 = 600$  calories from Fat

Protein and carbohydrates contain 4 calories per gram while fat contains 9 calories per gram.

Protein Target for 3000 Calorie Diet =  $900 / 4 = 225$  grams of Protein

Carb Target for 3000 Calorie Diet =  $1500 / 4 = 375$  grams of Carbs

Fat Target for 3000 Calorie Diet =  $600 / 9 = 67$  grams of Protein

Now, so you don't have to do all of those calculations, I'm providing you with a table for the Basic WLC Diet.

Please see the next page for the WLC Diet targets. You can easily find the amount of protein, carbs, and fat that you need to be eating for any number of calories.

Now some of this may seem difficult to you, and this isn't even the best way to estimate the amount of food you need to build muscle or lose fat. You need a much more accurate method...



That method is fully explained in the [WLC Program Package](#). It's not only explained, but you get an easy to use calorie intake calculator that spits out the numbers for you!

I've made everything very easy for you with the Full WLC Program Package. And it should be easy for you...I've spent 10 years figuring all of this out so it's easier for you.

You'll also learn how to manipulate the basic WLC diet for building muscle and burning fat at an even faster rate. Everything is explained in the WLC Program Package.

<b>Calories</b>	<b>Protein (grams)</b>	<b>Carbs (grams)</b>	<b>Fat (grams)</b>
1000	75	125	22
1100	83	138	24
1200	90	150	27
1300	98	163	29
1400	105	175	31
1500	113	188	33
1600	120	200	36
1700	128	213	38
1800	135	225	40
1900	143	238	42
2000	150	250	44
2100	158	263	47
2200	165	275	49
2300	173	288	51
2400	180	300	53
2500	188	313	56
2600	195	325	58
2700	203	338	60
2800	210	350	62
2900	218	363	64
3000	225	375	67
3100	233	388	69
3200	240	400	71
3300	248	413	73
3400	255	425	76
3500	263	438	78
3600	270	450	80
3700	278	463	82
3800	285	475	84
3900	293	488	87
4000	300	500	89
4100	308	513	91
4200	315	525	93
4300	323	538	96
4400	330	550	98
4500	338	563	100
4600	345	575	102
4700	353	588	104
4800	360	600	107
4900	368	613	109
5000	375	625	111

## 2.2. The Best Food Sources

You need to be eating only the best sources of protein, carbohydrates, and fats. I'm giving you only the best sources here – there are more, but this is a good start. The better choices you make, the better results you get!

### Lean Protein Sources

- Lean Beef 96% Preferred
- Lean Beef 92% Good
- Lean Red Meat
- Pork Tenderloin
- Whole Eggs (limit)
- Egg Whites
- Lowfat Cottage Cheese
- Skim Milk
- Chicken Breast
- Turkey Breast
- Ground Turkey
- Duck
- Lowfat Yogurt
- Protein Powders
- Venison
- Mutton
- Salmon
- Tilapia
- Other Fish
- Tuna
- Shrimp
- Crab
- Lobster
- Any Lean Meats

### Natural Carb Sources

- Oats
- Bran
- Barley
- Wheat
- Rye
- Beans
- Potatoes
- Brown Rice
- Apples
- Bananas
- Grapefruit
- Oranges
- Berries
- Grapes
- Tomatoes
- Tangerines
- Romaine Lettuce
- Cabbage
- Spinach
- Broccoli
- Celery
- Squash
- Peppers
- Greens

### Essential Fat Sources

- Fish Oil
- Flax Oil
- Fish
- Flaxseed
- Walnuts
- Sesame Oil
- Safflower Oil
- Sunflower Oil
- Soybean Oil
- Almonds
- Pecans
- Peanuts
- Peanut Butter
- Sunflower Seeds
- Olives
- Olive Oil
- Avocados
- Cashews

No one forces you to put anything in your body. Make the right choices and make the best progress of your life.

Your diet and the foods you eat is one of the most important factors for you getting the body you want in the shortest amount of time. Read that statement again. It's vital that you understand that.

You need to know how to combine the best sources of food into meals throughout the day. You need to know how to eat throughout the day for building muscle and burning fat. When you know how to eat properly for building muscle and burning fat, your results will vastly improve!



The [WLC Program Package](#) teaches you how to combine the best sources of food strategically for building muscle and burning fat.

You will learn what types of foods to eat at specific times throughout the day. You'll get sample meal plan layouts that guide you. You'll be amazed at your results.

## **2.3. Number of Meals**

You need to eat about 6 meals per day. You need a lean protein source every 3 hours. This gives your body the building blocks it needs to build muscle.

Eat soon after you wake up all the way up until your bed time. Ensure you give your body a good meal once every 3 hours. Do not wake up in the middle of the night to have a meal. Continuous sleep is more important.

Have a slow digesting source of protein before bed time instead of waking yourself up to eat.

Have 6 meals per day on average. 5 to 7 is fine when spaced 3 hours apart.



Included in the [WLC Program Package](#) are pre and post workout meal protocols for maximizing results from your workouts. You learn exactly what to eat before and after your workouts. There is a crucial time period before and after a workout, and you need to know how to take advantage of these time periods.

## **2.4. Water Intake**

You need to stop drinking any other beverage besides water. You can have a few other drinks each week such as diet sodas or crystal light, but limit those to only a few per week.

Everyone should be drinking around a gallon or 128 ounces of water per day.



If you're eating a high amount of calories, increase your water intake. If you live in a hot and humid climate, increase your water intake. If you are very active throughout the day, increase your water intake.

Water should be consumed throughout the day and especially around and during your workouts. If you stay fully hydrated throughout the day, you will make faster progress! This is the truth.

Water is truly an amazing substance. I explain the full benefits of drinking the correct amount of water in the [WLC Program Package](#). You'll find out exactly how much water you need to be drinking based on the amount of food you are eating.

## 2.5. Basic Calorie Cycling

Calorie cycling is fully explained with easy to use calculators in the [WLC Program Package](#), but I wanted to give a quick explanation of calorie cycling if you'd like to give it a try.



The WLC Program explains how to eat before and after a weight lifting workout to maximize muscle gains. The extra calories you consume around your workout add extra calories to your diet on those days.

If you plan your diet around your workouts and eat normally besides the extra calories from pre and post workout meals, you are using a method of calorie cycling.

Calorie cycling gives amazing results because you keep your body off guard with higher and then lower calorie intakes.

Here's an **example** of calorie cycling. Notice the higher calorie days on Day 1, Day 3, and Day 5:

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
3000	2500	3000	2500	3000	2500	2500

I also include more info on carb cycling along with calculators in the [WLC Program Package](#). Carb cycling is an **amazing** method of increasing fat loss! With the easy to use calculators I provide, carb cycling is made easy.

## 2.6. Making Adjustments

Making adjustments to your diet and always striving to improve your diet is one of the keys to making quick, continuous, and consistent progress.

Your body will adapt to anything, so you have to be willing to make adjustments to continue making progress. Other programs never adjust anything and you waste your precious time working hard for no reason!

One of the easiest adjustments you can make to your diet is improving your food choices. I would never change anything until you are making the best food choices. All calories are not created equal. The better foods you eat, the better your results. That simple change alone will help you make faster progress.

Increasing and decreasing the number of calories in your diet will help you continue to make progress. This can be tricky, though.



You do not want to decrease your calories so much that your body begins to burn muscle for energy and hold onto body fat because it feels threatened.

You do not want to increase calories so much that you begin to gain too much body fat. I explain how to do everything step-by-step in the WLC Program Package.

With the [WLC Program Package](#), you know exactly when to increase or decrease calories and by how much. You learn about all of your options for making adjustments, how to make them, and when to make them based on your progress.



### 3. Cardiovascular Exercise Basics



Cardiovascular exercise is one of the most important forms of exercise that you can do. Yet, I see the so called “experts” telling people they don’t need to do cardio if they want to gain maximum amounts of muscle. Please do not listen to those people!

You need to include at least 3 cardio sessions per week into your program for at least 30 minutes each session up to a maximum of 1 hour per session. You can increase/decrease cardio as needed to continue progress.

Cardio is a requirement of the WLC Program because it’s important for you and your health. If you choose not to do cardio, you are making a huge mistake!

Cardio keeps you healthy, helps you recover faster from workouts, increases your appetite, increases your energy throughout the day, burns excess body fat, and more! There’s just too many awesome benefits not to include cardio in your program.

#### 3.1. Types of Cardio

I divide cardio into 4 different types. These are my definitions as others may divide cardio into other categories...

- Low intensity, steady state
- Medium intensity steady state
- High intensity steady state
- High intensity interval training (HIIT)

I highly recommend medium intensity steady state cardio along with some high intensity interval training when needed.

In order to perform medium intensity steady state cardio, you need to know your target heart rate zones for the medium intensity range.

You also need to know how to easily monitor your heart rate throughout a cardio session. The next few sections will teach you...



### **3.2. Target Heart Rate Zones**

Measure your resting heart rate first. You can do this now if you've been sitting and relaxing for some time. If not, the best time to measure your resting heart rate is first thing in the morning upon waking.

To measure your resting heart rate, you need a watch with a second hand. Find your pulse. I use my right index finger and find the pulse directly under my left jaw bone.

Count the number of pulses in 60 seconds. That is your resting heart rate. Write it down.

Now you need to estimate your maximum heart rate. The easiest way to do this is to subtract your age from 220. Maximum heart rate equals  $220 - \text{Your Age}$ .

A few more calculations and you will have your target heart rate zones for medium intensity steady state cardio...

- Reserve = Maximum Heart Rate – Resting Heart Rate
- 60% of your Reserve = Lower Target
- 80% of your Reserve = Higher Target
- Lower Range = Resting Heart Rate + Lower Target
- Higher Range = Resting Heart Rate + Higher Target

Go through the calculations above and write them down as you go. Here's an **example** of mine:

- Reserve =  $191 - 60 = 131$
- Lower Target =  $131 \times 0.60 = 79$
- Higher Target =  $131 \times 0.80 = 105$
- Lower Range =  $60 + 79 = 139$
- Higher Range =  $60 + 105 = 165$

So, my target heart range zone for medium intensity cardio is 139 beats per minute to 165 beats per minute.

I would use a heart rate monitor to ensure I stay within those target zones throughout my cardio session...



In the [WLC Program Package](#), I have included an easy to use cardio exercise calculator that calculates your target heart rate zones for maximum fat loss.

The calculator is very easy to use and is included in the WLC Program Owner's section of the website and the WLC Log book. Ensure that you are always burning the maximum amount of fat when doing cardio!

### 3.3. Heart Rate Devices



A [heart rate watch](#) allows you to monitor your heart rate throughout a cardio session.

A heart rate watch also tracks the number of calories you have burned along with other important pieces of information.

The best thing about a heart rate device is the fact that it gives you a common point of reference between activities.

You don't need those fancy machines telling you how many calories you have burned. Some machines will grossly overestimate while others will tell you you've burned next to nothing. You don't need to use the displays on machines when you have a heart rate monitor.

You can go jogging one day, swimming the next, cycling the next, and you'll be able to compare what you've done between all activities with a heart rate watch. You can't do that any other way!

You need a heart rate watch to ensure you stay within your target zones throughout your cardio session. [This](#) makes it very easy for you.



Included in the [WLC Program](#) Log Book is a cardio log to keep track of all your cardiovascular workouts.

When you keep track of calories burned each week, you'll know exactly how much cardio you need to do to burn more fat!

### 3.4. Approved Activities

I highly recommend you alternate cardio sessions between a few different machines or a few different activities. 2 to 3 different activities should do the trick and will keep your body from adapting.

If you need a good list of cardiovascular activities that keep your cardio workouts fun, challenging, and interesting, please see the list below...

[Rowing Machine](#)



[Elliptical Trainers](#)



[Treadmill](#)



[Stepper Machine](#)



[Spinning Cycle](#)



[Recumbant Bike](#)



The machines shown are not the only activities you can do. Machines in your home are very convenient and allow you to do your cardio workouts at any time. They are very helpful!

But you'll probably want to get outside with the fresh air and sun every now and then. Outside activities keep cardio fun and interesting! Here are some other great cardio activities...

- Rowing
- Climbing Stairs
- Jogging
- Running
- Walking
- Swimming
- Cycling
- Roller Blading
- [Jumping Rope](#)
- Skiing

Any of the above activities are **great** cardiovascular activities. Have fun with them!

## 4. Tracking, Measuring, Adjusting Basics

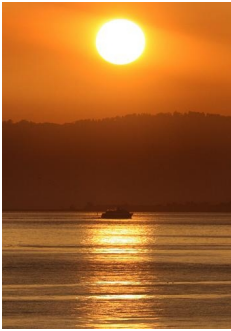
The secret to making consistent and continuous progress is tracking and measuring the correct information and making adjustments to your program based on the correct information.

99.99% of people do not track and measure the correct information and never make changes to their program! Do you know what this means? 99.99% of people who work hard, exercise, and try to eat right are not getting optimal results. Some get no results at all!



If you learn to master the concepts in this section, you will get the fastest possible results! With the full [WLC Program Package](#), you learn absolutely everything you need to make the best decisions to keep your progress at full speed.

## **4.1. The Weekly Assessment**



You need to choose a morning of the same day each week to perform a weekly assessment.

For example, I always do my weekly assessment first thing Sunday morning each and every week. I have some extra time on Sunday morning and that's the easiest day of the week for me.

Choose a day that's easiest for you. You must perform this assessment first thing in the morning. Why?

Because it must be done under the same conditions each week in order to get the most accurate information. If you do not perform the weekly assessment under the same conditions, you will not have accurate information to make proper adjustments to your program.

Wake up on your assessment day, use the bathroom, and head straight to the scale to weigh yourself. You have to weigh yourself and take a waist measurement. You'll need to do some calculations and then you will make decisions to adjust your program or keep it the same.

## **4.2. The Basic Information You Need**

During your weekly assessment, you'll need to measure your body weight and you'll need to measure your waist. You should always do this first thing in the morning on an empty stomach. This ensures you are measuring under the same conditions each week.

Those are the basic measurements you need to take during your weekly assessment. Body weight and your waist measurement will give you a quick and easy indication of your progress.



Within the [WLC Program Package](#), you'll learn how to take the most important measurements for measuring your progress.

You'll get an easy guide to measuring your body fat percentage. A calculator is provided to calculate the amount of body fat and muscle you have on your body.

I've given you a basic method of measuring your progress in this free manual, but the absolute best methods are given in the WLC Program Package.

You'll learn how to quickly and easily measure your body fat percentage with the WLC Program Package. Now back to the basic method of measuring progress...

Why do you need to measure your waist? The circumference of your waist is a great indicator of body fat gain or body fat loss. If your waist measurement goes up, you most likely gained body fat. If your waist measurement goes down, you most likely lost body fat.

You will use your waist measurement each week as an indicator of body fat gain or loss. You never want to gain body fat, so an increase in waist size means you need to make an adjustment to your program.

Besides those measurements, you need to calculate your daily average calorie intake. You are required to count calories each and every day and record your totals. You might have something like this:

Day 1: 2800 Calories  
Day 2: 2300 Calories  
Day 3: 2850 Calories  
Day 4: 2300 Calories  
Day 5: 2900 Calories  
Day 6: 2200 Calories  
Day 7: 2250 Calories



Do you know how to calculate an average of the daily intakes shown above?

All you do is get your calculator out and add up all the totals from each day. Then divide that number by 7. The result is your average daily calorie intake. Try it with the numbers above.

For example:

Sum =  $2800 + 2300 + 2850 + 2300 + 2900 + 2200 + 2250 = 17600$

Average Daily Intake =  $17600 / 7 = 2514$  Calories per day

Of course, all of these calculations are done for you within the WLC Log Book included in the [WLC Program Package](#). You don't have to worry about making any calculations.

You now have all the info you need to make a good decision on whether or not to make adjustments to your program. I'll show you how in just a few minutes...

### **4.3. Measurement Tools**



You're going to need to have precise and accurate tools to help you take the best measurements. You're going to be measuring your body weight each week and taking a waist measurement each week.

So you need a good bathroom scale and a good tape measure for taking these measurements, correct? A good scale will read your body weight to the nearest tenth of a pound.

Sometimes progress will come in less than ½ pound increments. For example, a ½ pound of pure fat loss with no muscle loss is a great result in a 1 week period. Some scales will not measure your body weight to that type of precision.

If you don't have the correct scale, it may show that you haven't made any progress at all. And then you make changes to your program when, in fact, you were making great progress.

Did you know that a pound of pure fat will fill 2 cups? A ½ pound of fat will fill 1 cup. Imagine losing a cup to two cups of pure fat from your body every week. Imagine looking in the mirror after a few months. You'll be ecstatic with those results.



You need [a scale](#) that measures your body weight to the nearest tenth of a pound. A good scale will last you a very long time and will give you precise and accurate measurements each week.

I use the exact scale shown to the left. I'm very happy with it and have been using it for a while now with no problems.

Yes, the scale shown above is more expensive than some of the cheap bathroom scales you may have been accustomed to.

But this scale is very high quality, will last a long time, and measures your body weight accurately and precisely.



You're also going to need a good measuring tape to take your waist measurement.

You can use a cheap and flexible sewing tape measure or you can get a tape measure that's made specifically for measuring your body.

I highly recommend the tape shown to the left. You can find it [here](#). If you'd like a slightly cheaper but good measuring tape, please see the [Myotape body tape](#). The Myotape runs about half the price of the Seca measuring tape.

#### 4.4. Gaining or Losing Weight

Your goal each week should be to either gain 1 to 2 pounds **or** lose 1 to 2 pounds. If you want to build muscle, work on gaining a pound or more of body weight each week. If you want to lose fat, work on losing a pound or more of body weight each week.

Never attempt to gain or lose more than 2 pounds per week. I recommend about 1 pound per week. Why? As you gain more than 1 pound per week, you will tend to gain a higher percentage of body fat. As you lose more than 1 pound per week, you tend to lose a higher percentage of muscle in the process.

You do not want to gain unwanted body fat or lose precious muscle! So be patient and strive for about a pound per week of either muscle gain or fat loss. When you put together several weeks of 1 pound gains or losses, your body starts to transform before your eyes.

If you get impatient, you can risk adding body fat and losing muscle in the process. Your results will not be optimal if you attempt to gain weight or lose weight too quickly. Take your time and get optimal

results! It may seem like your body weight is not changing fast enough for you, but the results in the mirror will be much better if you are patient!



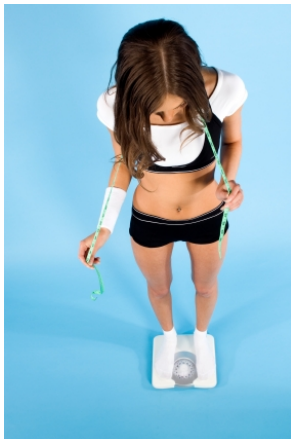
Everything included in the WLC Program Package helps you get the fastest possible results!

Every guideline, every technique, every tip, and every trick helps you get the fastest possible results! You can get access to all of that [instantly](#).

Ensure you are getting the fastest possible results and get the body you've always wanted in no time!

## **4.5. Making Adjustments**

Each week, you will compare your previous body weight and previous waist measurement. You'll then compare your results to your goals.



Did you reach your weight gain goal of 1 pound without an increase in waist size? Or did you reach your weight loss goal of 1 pound and decrease your waist size?

If you did not reach your weekly goal, you need to make adjustments to your program. First, look to your diet. Are you eating only the best sources of food?

If not, start eating only the best sources of food. This is the number one mistake people make!

If you are eating well, you will need to create a larger calorie surplus to gain weight at a faster rate or you will need to create a larger calorie deficit to lose weight at a faster rate.

To create a larger calorie surplus for weight gain, increase the amount of food you are eating. Try anywhere from 200 to 500 calories at a time.

To create a larger calorie deficit for weight loss, you can either increase your activity, decrease the amount of food you are eating, or both.



Make the needed adjustments based on your results from your weekly assessment and you will make continuous and consistent progress on a weekly basis!

You'll learn how to make flawless decisions and adjustments with the [Full WLC Program](#). You'll learn how to optimize your program to make the best progress. Everyone is different. The WLC Program adapts to you. No other program in existence does that!

## **5. Rest and Recovery Basics**

One thing too many people take for granted is proper rest and recovery. It is vital to your success in getting the body you want.

Weight lifting and cardiovascular workouts are hard on your body but absolutely great for your body if you give your body proper rest, recovery, and nutrition. If you do not, you will not make any progress and you'll end up over trained and possibly sick.

You need to eat the best possible sources of food, drink plenty of water, get plenty of sleep, and you should attempt to keep stress in your life as low as possible. Do these things, follow the program, and get spectacular results.

You're going to learn a few things about resting and recovering properly in this section. You need to put your time in at the gym, but you the actual progress is made when you're out of the gym!



The [Full WLC Program](#) includes what seems like an endless number of tricks and tips to increase recovery between workouts. Tips for sleeping better, decreasing stress, self massage, curing pain, stretching, and more is included in the WLC Program Package.

## **5.1. Getting Enough Sleep**

I highly recommend you get at least 7 hours of sleep each night. Sleep requirements are an individual thing. Some people need more rest while others need less rest.

Weight lifting and cardio do require that you get a little more sleep than you may be accustomed to. You will soon learn how much sleep you really need.

Do not underestimate the power of sleep! I've been there. The times that I've had trouble getting enough sleep are the times when my progress has stalled. Lack of sleep affects everything – your mindset especially.

Lack of sleep can force you to miss workouts, lose motivation, and more! If you work on getting enough sleep to recover properly from your workouts, I guarantee your results will improve.

Take naps to catch up on sleep if needed. Go to bed 30 minutes earlier than normal. Relax and sleep well. Wake up feeling refreshed each morning. Your body will thank you for the extra sleep by giving you even better results.

You can sleep too much! If you are one of those people that sleep too much, get up and get going. This can lead to laziness. Get the sleep you need and stop there. Too much sleep can be bad for you!

## 5.2. Decreasing Stress

If you want optimal results, you'll need to keep stress at a minimum. High levels of stress changes the environment inside your body and can stop your progress immediately.



There's no need to get stressed out about things in life. Most of the things we worry about are nothing. We can't even change many of the things we worry about on a daily basis.

Ask yourself, "In 5 years will I even remember worrying about this? Is it really that important?" You will most likely answer no to everything you're worrying about.

Don't let others bother you or stress you out for no reason!

One of my biggest stressors is driving. I have a hard time driving through traffic each and every day with people that don't even realize they're driving. They don't pay attention, they talk on their cell phone, they cause wrecks, and they don't realize they are driving a deadly weapon.

I have learned to not let it bother so much. I watch out for everyone and try to anticipate actions taken by other drivers. If you pay attention, you can actually foresee some drivers making some stupid decisions.

Stay calm even in stressful situations. There's no need to get upset. This will keep your stress levels low and will help you feel better

throughout the day. And it may even keep you from doing something stupid.

Take breaks from life throughout the day. Deep breaths always help relieve tension.

You'll learn many techniques for decreasing stress in your life within the [WLC Program Package](#). Even a small decrease in stress leads to a much better life!

### **5.3. Overtraining**

Overtraining is a very touchy subject for many people. Most of the so called Internet "experts" have never learned the true meaning of overtraining.

Some people will tell you that you're overtraining by working out 5 days per week. Others will tell you you're overtraining without knowing the intensity of your workout and without knowing your recovery abilities.

If you ever see anyone tell someone else that they are overtraining simply by looking at their schedule and workout, you can immediately write this person off as a "want-to-be" expert. The person has no idea what they are talking about.



Overtraining is an individual thing. It depends on your recovery abilities, the sleep you get, your diet, water intake, intensity of your workouts, frequency of your workouts, amount of cardio, genetics, and more! So no one can ever tell you that you're overtraining. Only you will know that you're overtraining.

If you are making progress in the gym, you are doing great. If you are gaining strength in the gym, you are not overtraining. If your strength



gains slow to a halt and you've been lifting for a few months, you are getting closer to the overtraining edge.

You never want to reach overtraining, so the best strategy is to take a one week break from weight lifting and cardio when the strength gains come to a halt.

Spend the week resting and eating the best foods. Never take a break from eating properly. If you do, you could lose all of the progress you've made over the past few months.

The one week break will allow your body to fully recover. You can then start lifting weights and doing cardio again. Start with lighter weights than what you ended with and work your way back up.



The break from weight lifting is a strategy employed within the [WLC Program](#) to keep you progressing throughout the year.

This break allows your weight lifting workouts to provide you with continuous progress without you having to fight so hard!

## **6. Planning and Goal Setting Basics**

You have to make plans and set goals to be successful in getting the body you've always wanted. It feels great to set an ambitious goal, do everything you can to reach that goal, finally reach that goal, and then celebrate!

You should set goals and reward yourself accordingly. You don't want to reward yourself with a brand new vehicle for not cheating on your diet for a one week period. That's just too much for meeting such a simple goal.

My wife's reward for completing college, passing her Registered Nursing (RN) exam, and getting a good job, was a brand new vehicle.



Set goals and set your rewards as you set your goals. Once you get the body you've always wanted, reward yourself with a nice vacation to a warm, sunny, and relaxing beach. See what I mean?

When you set goals that are important to you with rewards that are important to you, you'll want to reach your goals faster than ever. And you'll do everything in your power to get there.

Vacations are a great reward for reaching your goals throughout the year.

## **6.1. Your Greatest Ally**

Do you have any idea what your greatest ally could be in getting the body you've always wanted? Hint: This can also be your greatest enemy in reaching your goal.

Your mind can be your greatest ally in reaching your goals, or it can be your greatest enemy. This is the truth. Your subconscious mind can destroy your efforts, or it can help you reach your goals faster than you ever thought possible.

The secret to turning your mind into your greatest ally is believing you can achieve your goals. If you ever have a negative thought, your mind will help sabotage your goals. Believe in yourself. Believe you can reach your goals.

You will develop your greatest ally in your quest to get the body you've always wanted. Tell your mind what you want, believe you can get what you want, and watch it happen! It really is amazing.



In order to turn your mind into your greatest ally, you need to follow several steps.

These steps are not difficult to follow. Once you know them, you can start programming your mind to work with you in reaching your goals.

The [Full WLC Program Package](#) includes all of the steps you need to take to turn your goals and dreams into reality.

## **6.2. Setting Goals is a Must**

You need to set goals before beginning this program. Set daily, weekly, monthly, and program goals. Set a final overall goal.

With each goal, set a reward that fits. Then review your goals, believe you can reach them, and reward yourself when you reach them.

Set new goals as you reach your goals and reward yourself. Life is amazing and feels great when you set goals and reach them. You should give it a try. You'll see exactly what I mean.

Without goals, you have no purpose in life. Set goals. Your life will take an entirely new direction. And you'll be happier than ever.

Learn how to set goals properly with the WLC Program Full Package. Setting goals the correct way and following the guidelines in the [WLC Program Package](#) will lead to you not only reaching your goals, but reaching them much faster than you might think.

### 6.3. Planning to Meet Those Goals

[Make a plan](#) to meet those goals. This Basic WLC Program gives you a plan to reach your goals of getting the body you want. The purpose of this manual is to help you get started with the basics.

The WLC Program Manual gives you the full plan you need to reach your body composition goals in the shortest possible time.

You'll learn how to set other goals in life, and you'll learn how to make a plan to meet them. The WLC Program gives you the confidence you need to start setting goals, planning to meet them, and actually meeting them!

If you can get the body you've always wanted, you can do anything in life! That's the truth!



Getting the body you've always wanted is easy when you know how. When you have a plan that works, anything is easy. The [WLC Program](#) is that plan.

I really can't wait for you to see the spectacular results you'll receive when following the WLC Program. I love to hear success stories, and I've heard so many. I want to hear your success story next!

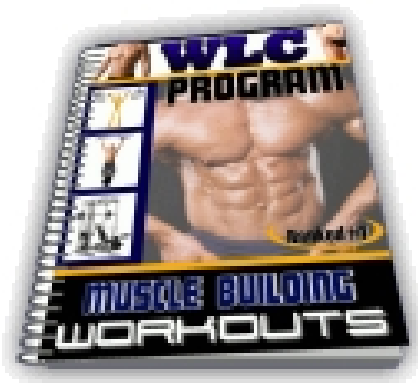
## 7. The Basic WLC Weight Lifting Program

You'll find the details you need to get started on a great weight lifting program in this section. This basic program is for any experience level and is great for beginners. Even intermediates and advanced lifters will do great on this program.

This program includes all the best strength building and muscle building techniques than most programs get wrong. You get a program intelligently designed to help you build the body you've always wanted.

Most programs are designed around the wrong factor, which happens to be intensity. The number one factor for making progress in the gym and getting results is increasing the amount of weight and/or reps over a period of time.

So everything you'll be doing in this program is designed around that factor. And you'll soon know why it's the number one muscle building factor!



With the [Full WLC Program Package](#), you get 6 phases of different weight lifting programs. Each phase is totally different and designed to keep you motivated, interested, and making the best progress of your life.

Every question you can think of is included in the WLC Program Workouts Manual shown to the left there. The workouts manual is over 150 pages and includes over a year's worth of different weight lifting programs – all designed around the most important muscle building factor!

The workouts are designed to help you learn so much more about weight lifting.

Each phase gives you something new! You'll absolutely love these workouts, and you'll look forward to each and every one of them.

## 7.1. Weight Lifting Schedule

You're going to be lifting weights 3 days per week. You'll be doing the same workout 3 times per week, but you'll vary the weight, reps, and sets throughout the program.

You don't need any other variation to make unbelievable progress. Changing exercises is not necessary. Your body never has the chance to adapt to the weight increases, changes in reps, and changes in the number of sets.

Too many people believe you have to do a huge number of different exercises just to work the muscle from different angles. Well, that is completely wrong! You don't need a huge number of exercises and different workouts to make great progress.

You'll soon see the power of this workout program. Here's your weekly weight lifting schedule...

<b>Day 1</b>	<b>Day 2</b>	<b>Day 3</b>	<b>Day 4</b>	<b>Day 5</b>	<b>Day 6</b>	<b>Day 7</b>
Weight Lifting	Off	Weight Lifting	Off	Weight Lifting	Off	Off

You can choose the days you want to work out as long as you workout 3 times per week and rest at least 36 to 48 hours between workouts.

For example, you can choose Day 1 as Monday, Day 3 as Wednesday, and Day 5 as Friday. You can even change the schedule around each week if you have certain commitments that would cause you to miss a workout.

Simply ensure you workout 3 times each week and rest 36 to 48 hours minimum between workouts. You'll do great if you follow those simple guidelines.

## 7.2. The Workout

You're going to be doing each of the best exercises we talked about earlier. These exercises will build a balanced physique and will be performed in this order each workout:

- 1) Squat
- 2) Bench Press
- 3) Pendlay Rows
- 4) Overhead Press
- 5) Chin Ups
- 6) Dips
- 7) Calf Raise
- 8) Curls
- 9) Extension
- 10) Deadlift (Day 3 only)

You now know the exercises you'll be doing and the order, but you need to know the number of sets, reps, and rest between sets, right? Here you go...

F = Failure

Rest column is in seconds

Grayed out area means you do not perform that exercise for that day.

WLC Program Basic		Week 1, Day 1			Week 1, Day 3			Week 1, Day 5		
		Targets			Targets			Targets		
#	Exercise	Reps	Sets	Rest	Reps	Sets	Rest	Reps	Sets	Rest
1	Squat	6	1	120	8	1	120	10	1	120
2	Bench Press	6	1	120	8	1	120	10	1	120
3	Pendlay Rows	6	1	120	8	1	120	10	1	120
4	Overhd Press	6	1	120	8	1	120	10	1	120
5	Chin Ups	F	1	120	F	1	120	F	1	120
6	Dips	F	1	120	F	1	120	F	1	120
7	Calf Raise	6	1	120	8	1	120	10	1	120
8	Curls	6	1	120	8	1	120	10	1	120
9	Extension	6	1	120	8	1	120	10	1	120
10	Deadlift				8	1	120			

WLC Program Basic		Week 2, Day 1			Week 2, Day 3			Week 2, Day 5		
		Targets			Targets			Targets		
#	Exercise	Reps	Sets	Rest	Reps	Sets	Rest	Reps	Sets	Rest
1	Squat	12	1	120	12	1	120	12	1	120
2	Bench Press	12	1	120	12	1	120	12	1	120
3	Pendlay Rows	12	1	120	12	1	120	12	1	120
4	Overhd Press	12	1	120	12	1	120	12	1	120
5	Chin Ups	F	1	120	F	1	120	F	1	120
6	Dips	F	1	120	F	1	120	F	1	120
7	Calf Raise	12	1	120	12	1	120	12	1	120
8	Curls	12	1	120	12	1	120	12	1	120
9	Extension	12	1	120	12	1	120	12	1	120
10	Deadlift				12	1	120			

WLC Program Basic		Week 3, Day 1			Week 3, Day 3			Week 3, Day 5		
		Targets			Targets			Targets		
#	Exercise	Reps	Sets	Rest	Reps	Sets	Rest	Reps	Sets	Rest
1	Squat	12	1	120	12	1	120	12	1	120
2	Bench Press	12	1	120	12	1	120	12	1	120
3	Pendlay Rows	12	1	120	12	1	120	12	1	120
4	Overhd Press	12	1	120	12	1	120	12	1	120
5	Chin Ups	F	1	120	F	1	120	F	1	120
6	Dips	F	1	120	F	1	120	F	1	120
7	Calf Raise	12	1	120	12	1	120	12	1	120
8	Curls	12	1	120	12	1	120	12	1	120
9	Extension	12	1	120	12	1	120	12	1	120
10	Deadlift				12	1	120			

WLC Program Basic		Week 4, Day 1			Week 4, Day 3			Week 4, Day 5		
		Targets			Targets			Targets		
#	Exercise	Reps	Sets	Rest	Reps	Sets	Rest	Reps	Sets	Rest
1	Squat	10	2	90	10	2	90	10	2	90
2	Bench Press	10	2	90	10	2	90	10	2	90
3	Pendlay Rows	10	2	90	10	2	90	10	2	90
4	Overhd Press	10	2	90	10	2	90	10	2	90
5	Chin Ups	F	2	90	F	2	90	F	2	90
6	Dips	F	2	90	F	2	90	F	2	90
7	Calf Raise	10	2	90	10	2	90	10	2	90
8	Curls	10	2	90	10	2	90	10	2	90
9	Extension	10	2	90	10	2	90	10	2	90
10	Deadlift				10	2	90			



WLC Program Basic		Week 5, Day 1			Week 5, Day 3			Week 5, Day 5		
		Targets			Targets			Targets		
#	Exercise	Reps	Sets	Rest	Reps	Sets	Rest	Reps	Sets	Rest
1	Squat	10	1	120	10	1	120	10	1	120
2	Bench Press	10	1	120	10	1	120	10	1	120
3	Pendlay Rows	10	1	120	10	1	120	10	1	120
4	Overhd Press	10	1	120	10	1	120	10	1	120
5	Chin Ups	F	1	120	F	1	120	F	1	120
6	Dips	F	1	120	F	1	120	F	1	120
7	Calf Raise	10	1	120	10	1	120	10	1	120
8	Curls	10	1	120	10	1	120	10	1	120
9	Extension	10	1	120	10	1	120	10	1	120
10	Deadlift				10	1	120			

WLC Program Basic		Week 6, Day 1			Week 6, Day 3			Week 6, Day 5		
		Targets			Targets			Targets		
#	Exercise	Reps	Sets	Rest	Reps	Sets	Rest	Reps	Sets	Rest
1	Squat	8	2	90	8	2	90	8	2	90
2	Bench Press	8	2	90	8	2	90	8	2	90
3	Pendlay Rows	8	2	90	8	2	90	8	2	90
4	Overhd Press	8	2	90	8	2	90	8	2	90
5	Chin Ups	F	2	90	F	2	90	F	2	90
6	Dips	F	2	90	F	2	90	F	2	90
7	Calf Raise	8	2	90	8	2	90	8	2	90
8	Curls	8	2	90	8	2	90	8	2	90
9	Extension	8	2	90	8	2	90	8	2	90
10	Deadlift				8	2	90			

WLC Program Basic		Week 7, Day 1			Week 7, Day 3			Week 7, Day 5		
		Targets			Targets			Targets		
#	Exercise	Reps	Sets	Rest	Reps	Sets	Rest	Reps	Sets	Rest
1	Squat	8	1	120	8	1	120	8	1	120
2	Bench Press	8	1	120	8	1	120	8	1	120
3	Pendlay Rows	8	1	120	8	1	120	8	1	120
4	Overhd Press	8	1	120	8	1	120	8	1	120
5	Chin Ups	F	1	120	F	1	120	F	1	120
6	Dips	F	1	120	F	1	120	F	1	120
7	Calf Raise	8	1	120	8	1	120	8	1	120
8	Curls	8	1	120	8	1	120	8	1	120
9	Extension	8	1	120	8	1	120	8	1	120
10	Deadlift				8	1	120			

WLC Program Basic		Week 8, Day 1			Week 8, Day 3			Week 8, Day 5		
		Targets			Targets			Targets		
#	Exercise	Reps	Sets	Rest	Reps	Sets	Rest	Reps	Sets	Rest
1	Squat	6	3	90	6	3	90	6	3	90
2	Bench Press	6	3	90	6	3	90	6	3	90
3	Pendlay Rows	6	3	90	6	3	90	6	3	90
4	Overhd Press	6	3	90	6	3	90	6	3	90
5	Chin Ups	F	2	90	F	2	90	F	2	90
6	Dips	F	2	90	F	2	90	F	2	90
7	Calf Raise	6	3	90	6	3	90	6	3	90
8	Curls	6	3	90	6	3	90	6	3	90
9	Extension	6	3	90	6	3	90	6	3	90
10	Deadlift				6	2	90			

WLC Program Basic		Week 9, Day 1			Week 9, Day 3			Week 9, Day 5		
		Targets			Targets			Targets		
#	Exercise	Reps	Sets	Rest	Reps	Sets	Rest	Reps	Sets	Rest
1	Squat	6	2	90	6	2	90	6	2	90
2	Bench Press	6	2	90	6	2	90	6	2	90
3	Pendlay Rows	6	2	90	6	2	90	6	2	90
4	Overhd Press	6	2	90	6	2	90	6	2	90
5	Chin Ups	F	2	90	F	2	90	F	2	90
6	Dips	F	2	90	F	2	90	F	2	90
7	Calf Raise	6	2	90	6	2	90	6	2	90
8	Curls	6	2	90	6	2	90	6	2	90
9	Extension	6	2	90	6	2	90	6	2	90
10	Deadlift				6	2	90			

WLC Program Basic		Week 10, Day 1			Week 10, Day 3			Week 10, Day 5		
		Targets			Targets			Targets		
#	Exercise	Reps	Sets	Rest	Reps	Sets	Rest	Reps	Sets	Rest
1	Squat	6	1	180	6	1	180	6	1	180
2	Bench Press	6	1	180	6	1	180	6	1	180
3	Pendlay Rows	6	1	180	6	1	180	6	1	180
4	Overhd Press	6	1	180	6	1	180	6	1	180
5	Chin Ups	F	1	180	F	1	180	F	1	180
6	Dips	F	1	180	F	1	180	F	1	180
7	Calf Raise	6	1	180	6	1	180	6	1	180
8	Curls	6	1	180	6	1	180	6	1	180
9	Extension	6	1	180	6	1	180	6	1	180
10	Deadlift				6	1	180			

If you are still making strength gains after week 10, continue with the same schedule as Week 10. You can even decrease the number of reps to 4 on some exercises if needed to continue increasing the weight.

You may have some other questions about the workouts. Let me try to answer some of those...

### **Multiple Sets**

When you see there are multiple sets to do, please keep the weight the same for the second set and complete reps until the rep speed begins to slow. Do not go to failure!

Do not worry about reaching the target number of reps on the second and third sets. Stop the set when the rep speed slows.

### **Chin Ups and Dips**

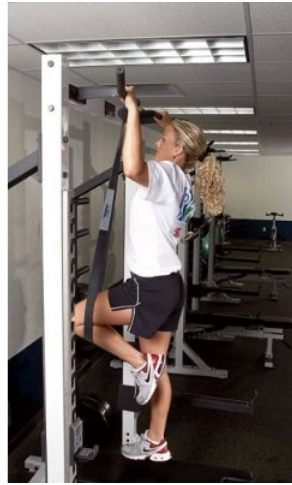
You'll see that I want you to go to failure on each of these exercises for the number of sets listed.

When you can't perform another full rep, stop the set. This doesn't mean to go to complete failure and fight for every inch. Simply stop when you know you can't perform another full rep.

If you have trouble doing very many chin ups or dips (most people do so don't sweat it), you have two options.

#1: You can use the jump up method in which you simply jump to the top of the rep and lower yourself under your own control. This works very well for increasing your strength.

#2: Or, you can get some pull up bands and wrap them around your leg as shown in the image:



[Get Your Pull Up Bands Here!](#)

The bands provide the extra help you need to lift your body from the bottom to the top of a chin up or a dip. I prefer the jump up method, but some of you may choose to use bands – it's a great method too!

### **Rest between Sets and Exercises**

You'll see the number of seconds to rest between sets and exercises. Please take the time needed to warm up properly for the next exercise. When there are multiple sets of an exercise, please follow the rest between sets given in the workout tables. You should never need more than 5 minutes rest between sets. The more your rest, the longer your workout will last. Keep it moving!

### **Why no ab exercises?**

Your abs get worked plenty with the exercises given. If you need to do ab exercises for some unknown reason, do them before or after your cardio workouts. If you want to see your abs, you simply need to lose fat from that area. Ab exercises do not burn fat!

## Why Deadlifts only one day per week?

Deadlifts are a very taxing exercise. Doing them once per week saves your lower back and allows you to make good progress on the lift. Doing them 3 times per week would be very tough on your body.

## Going to Failure

I do not want you to go to failure on most sets except for chin ups and dips. You may reach failure every once in a while in an attempt to reach the target number of reps. You may also get close to failure during the last week of each rep range. That's okay. Most of the time, though, you will not be going to failure.

Do not do more reps than the target number listed. I don't care if the set is easy. Stop the set when you reach the target number of reps!

If you have any other questions you need answered, [contact me](#). Use the form at the bottom of that web page or email me at [josh@weightlifting-complete.com](mailto:josh@weightlifting-complete.com). I'll be happy to answer your questions.

## 7.3. Weight Selection



You need to know how much weight to start out lifting and how much weight to lift each workout. This is going to be up to you, but I'm going to give you some simple guidelines...

Start out with very light weights on every exercise. Did you notice that the first week has you starting out with 6 reps, then 8 reps, and then 10 reps? I want the first week to be very easy for you. This is done purposely.

Start out with very light weights and do not stress your body much at all. Increase the weight slightly from workout to workout the first

week, but ensure you're not lifting very heavy weights. The heavy weights will soon come.

From there, you should strive to increase the weights each workout.

Increase by a few pounds each workout or by 5 pounds at most. If you have trouble reaching the target number of reps at a given weight, simply keep the weight the same for the next workout. When you reach the target number of reps, increase the weight the next workout.



You may need smaller weight plates to help you increase the weight by smaller amounts. You can attach [magnetic weights](#) to the sides of dumbbells, and you can use [fractional plates](#) to add to your barbell.

Never increase the weight unless you've completed all reps with good form. Good form is very important! Do not continue increasing the weight if you aren't using good form on all reps!

The target number of reps decreases over the course of the weight lifting cycle. Do you know why? Let's learn...

## 7.4. Strategy

The number of reps decreases over the course of the weight lifting cycle so you can continue to increase the amount of weight. Increasing the amount of weight you lift is the most important muscle building factor!

So, start out with very light weights so that you're able to increase the weight from the beginning to the end of the cycle. If you need to repeat a weight for a few workouts, that's okay! As long as you

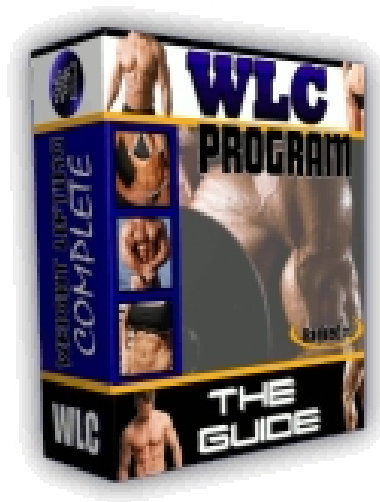
continue to increase the weight from the beginning to the end, you will do great.

You do not need to ask anyone for their opinion on this program before beginning. I've had a person tell me that their friend doesn't believe this will work because it's not enough sets or total work.

Well, that friend has no idea what he/she is talking about! Instead of asking someone for their opinion, give this a shot. You'll see how great it works on your own. You don't need an opinion. Do the program and I guarantee you'll be ecstatic with your results! And then you'll know.

I have been through every type of program, and I can tell you which ones work simply by looking at them. The program must be centered around the number one muscle building factor just as this Basic WLC Program.

The full body workout is one of the best workouts you can possibly do. You get 3 chances each week to build muscle. With split routines, you get only 1! Give this workout program a chance. It works wonders!



Within the [WLC Program Package](#), you'll learn more about how to customize a workout to improve specific muscle groups. No other program out there teaches you how to do this. The WLC Program does!

If you need to improve your chest, back, arms, legs, calves, or any muscle group, I show you how to change your workout to improve these muscle groups!

## 8. Starting Supplements and Accessories

I'm going to give you a few supplements and accessories to get you started that truly work and help you reach your goals faster.

Nothing is magic when it comes to the world of building a better body. But there are some things that can give you that little extra amount of help that you might need...

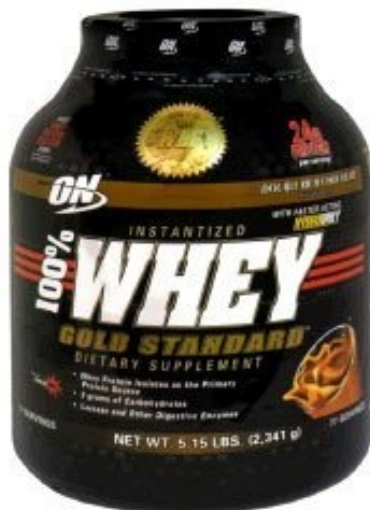
I'm only including a few of the best supplements and accessories that everyone seems to love! Give these a shot. I'm sure you'll like them as much as I do and the thousands of others who have tried them.

### 8.1. Starting Supplements

I've got 3 supplements that I want you to consider. These supplements will give you that extra edge you need to get better results.

#### #1: Whey Protein

This supplement is going to be a must for many of you. Why?



Many of us, including me, do not have time throughout the day to sit down and eat a full course meal. A meal can take anywhere from 10 to 20 minutes to eat.

Whey protein allows you to easily eat (or drink to be specific) an entire meal in only a few minutes.

If you have a job that doesn't allow you very much time to eat every 3



hours, whey protein is going to allow you to down a quick meal and make unbelievable progress.

Is whey a better source of protein than beef, chicken, fish, or other whole food sources?

Whey protein is not magical. It isn't going to turn you into a superhuman or anything like that. Some supplement companies will make you believe that, but it just isn't going to happen. Whey protein is simply another source of protein. I prefer beef, chicken, fish, and other whole food proteins, but whey really helps out in times of need!

Whey is one of the cheapest forms of protein available! This is a huge advantage. You'll be increasing your protein intake while on the WLC Program, so whey will help you keep the cost down. Whey is as cheap as canned tuna when compared gram for gram!

One of the biggest advantages of whey can also be a disadvantage at times. Whey protein is a fast acting source of protein. In other words, it hits your bloodstream faster than other protein sources and provides the body with the building blocks it needs much quicker than other sources. Amino acids in the bloodstream will not stay around for as long as other sources, though.

Whey's fast acting nature makes it perfect for post workout supplementation along with simple carb sources. For other times throughout the day, it's best to mix whey with complex carb sources and essential fats. This will slow down the absorption of protein and create a longer lasting effect.

### **My Recommendation**

I've been using whey protein for a long time now. I've tried several different brands and flavors. I've used expensive forms of whey such as whey isolate, ion exchange, and many other forms of whey. I've tried mixtures of protein powder including egg protein, casein, milk isolate, and other forms of protein.

Simply put, the cheapest form of whey protein (whey concentrate) has given me equal results. Many others report the same thing.

I highly recommend that you save your money and stick with whey concentrate. If you want to experiment with more expensive forms of protein, be my guest. Keep track of your results as you will with WLC, and see if your results improve.

### 1. Optimum Nutrition 100% Whey Protein

No whey can compare in taste, quality, and price to Optimum Nutrition. I've been using this brand of whey for many years. I've experimented with others and have some pretty good ones, but I always come back to Optimum Nutrition whey. I highly recommend this brand.



[Link to Optimum Nutrition 100% Whey](#)

### 2. AST VP2 Whey Protein Isolate

If you want to experiment with a higher quality whey protein, I highly recommend VP2 by AST.

If you do experiment, only use this whey protein for post workout to cut down on cost. I used this protein for several years pre and post workout with great results!

That's the only reason I recommend this higher costing protein:



[Link to AST VP2 Whey](#)

There you go – you’ve got 2 very good options for whey protein. The first option is my recommendation. I’ve only included a second option for those that want to try a higher quality protein further down the road. You don’t need a higher quality protein to get great results!



The [Full WLC Program Package](#) includes a Guide to Supplements and Accessories. I’ve included only the best supplements and the best accessories in this manual.

It covers over 50 different products. The manual is over 70 pages in length!

If you want to know more about the best supplements and accessories, please get your copy of the WLC Program today. This manual alone will save you thousands of dollars!

## **#2: Fish Oil**

Essential fats, as discussed in the diet and nutrition section of the WLC Program Manual, are required. Fish oil capsules are a convenient addition to any meal. For example, whey protein mixed with oats and some fish oil capsules gives you a quick muscle building meal!

There are just too many benefits to fish oil to ignore that go above and beyond muscle building and fat loss. This supplement is one of my favorites and would be right at the top of my list of must have supplements.

Why do you need fish oil? Well, fish oil contains two fatty acids (DHA and EPA) that your body can produce from other sources. The human body is not very efficient in producing these fatty acids from other sources. So, fish oil provides your body with these fatty acids with no extra work from your body.

What are the benefits of fish oil?

- Increases metabolism
- Stabilizes blood sugar levels
- Allows fatty acids to be released into the bloodstream for energy source
- Anti inflammatory benefits
- Recover faster from workouts
- Less joint pain
- Less joint inflammation
- Prevents and relieves painful conditions such as arthritis
- Lowers cholesterol
- Lowers triglycerides
- Improves blood pressure
- Lowers LDL's
- Increased good cholesterol HDL
- Decreased chance for stroke and heart attack
- Better brain function
- Improves focus
- Improves memory
- Increases intelligence in babies
- Reduced risk of prostate, colon, and breast cancer

In other words, fish oil is an amazing supplement that fits perfectly with the WLC Program. You'll be healthier, you'll build more muscle, and you'll burn more fat with fish oil. And fish oil is not very expensive either! You just can't get any better than that.

Where can you purchase fish oil? What do I recommend?

You can find fish oil in liquid form and capsule form. I prefer capsule form simply because it's much easier to take with you. Liquid is not so easy to take with you during the day. It needs to stay refrigerated for freshness and carrying a bottle with you all day just doesn't work very well.

If you plan on keeping for home use, I recommend liquid form. You can add it to a protein shake at any time. I'm giving you my two recommendations below:



[Carlson Fish Oil Softgel Capsules](#)



[Carlson Fish Oil Liquid Form](#)

I don't hype up supplements unless there's a good reason. Fish oil is the only major source of DHA and EPA. Everyone needs to supplement with fish oil! Live a healthier life!

### **#3: Vitamins**

Getting the proper amount of vitamins, as you already know, is very important to your progress on the WLC Program. That's why I highly recommend that you eat a variety of foods while on the WLC Program. Nothing beats whole foods for vitamin and mineral intake.

But, many of us have trouble eating a variety of foods. You will get better with time as eating a variety of foods takes some grocery

planning and preparation. Fresh food can go bad before you get around to eating it a few days later. So, many of us eat the same foods each day simply because it's easier to stick to your diet that way.

This is where vitamins come in. A good vitamin supplement will help cover all the bases and ensure you are giving your body everything it needs to build muscle and burn fat.

### **My Recommendation**

I highly recommend a liquid vitamin supplement over any tablet version. I absolutely love the liquid vitamin from Nature's Way.



**[Nature's Way Alive Liquid Vitamins](#)**

Give this liquid vitamin a shot. It lasts a month and will have you feeling even better in no time. Compare this liquid version to any tablet version. You will feel the difference! Cover all your bases and ensure your body has what it needs!

## **8.2. Starting Accessories**

I've put together the 3 best program accessories for helping you make faster progress. One of these even makes your life a little easier too...

## **#1: New Grips**

New Grips weight lifting gloves are a must have! They protect your hands but they're much more than a simple weightlifting glove or grip. This is a unique glove, and I'm sure you've never seen anything like it.

New Grips will help you lift more weight and do more reps - guaranteed by the owner. I've talked with the owner of New Grips several times after buying my pair several years ago.

I let him know how much I loved his product. Alan is one of the nicest guys you'll ever meet. He stands behind his product 100% and will give you your money back if you're not happy. You can't go wrong.

I guarantee you'll be more than happy with these gloves.

I'm a little picky when it comes to my weight lifting equipment and accessories. These gloves have passed my test! I've been using them for more than 3 years now - the same pair!

Any normal weightlifting glove won't last anywhere close to 3 years and won't give near the results. I highly recommend these gloves. There is no better option...



**Without New Grips**



**With New Grips**

[Get your New Grips Here!](#)

You can read more about [New Grips on my website](#) at this link. You can read more about that they've done for me, and how they'll help you build greater amounts of muscle. There are, what seems like, an endless number of benefits.

I highly recommend a pair of New Grips for your weight lifting workouts. Protect your hands, improve your strength, and get the body you've always wanted!

## **#2: Blender Bottle**

There is no better protein shaker bottle in the world! The Blender Bottle is the absolute best. I've tried so many different shaker bottles for mixing protein shakes. Most every one of them leak or the top will pop off every so often.

Have you ever been driving to work and drinking a protein shake and the top pops off? I have. Imagine chocolate protein shake all over your clothes. That was a great day! Imagine cleaning up your vehicle after spilling that...

Another problem with protein shaker bottles is the fact that they leak very often. I cannot stand bottles that leak! Your hands get sticky, and you lose precious protein that you spend your hard earned money on. The blender bottle will not leak.

If you've used whey protein before or casein protein especially, you'll know that it can be clumpy at times. The blender bottle comes with a blender ball that ensures you get no clumps!

The blender bottle, at the time of this writing, is less than \$6 and only a few more dollars than all the other cheaper, low quality bottles. I highly recommend that everyone have at least one of these bottles for their pre and post workout shakes.





[Get your Blender Bottles Here](#)

**I would order 3 bottles.** One bottle for home use, and two for the road. For example, I always have a few bottles made up with whey protein and ground oats. If I'm going somewhere, this ensures I'm not tempted to eat bad food or go without food for extended periods of time.

### **#3: Weight Lifting Shoes**

When you are lifting weights, you do not want any type of shoes that provides cushion. This includes the typical shoes with gel and air in the soles. You don't want to wear running shoes or cross trainers!

When you wear cross trainers, running shoes, or any shoe with gel or air in the soles, you create a layer between your feet and the ground. This means you're going to have to apply more force through that layer of air or gel to the ground just to lift the same amount of weight.

If you have proper weight lifting shoes, you will be able to lift more weight instantly. You'll also provide a stable and level base that allows you to lift with perfect form. Some shoes will automatically put you off balance. You can't afford this when you're lifting heavy weights!

So, get yourself a good pair of weight lifting shoes today. Where? Well, I'm giving you a link to several choices. You're going to find that I highly recommend wrestling shoes because they're perfect for lifting weights...



**[Get Weight Lifting Shoes Here!](#)**

The shoes shown in the image above are great shoes for lifting weights. You'll have a stable and level base with no air or gel between your feet and the ground. You'll find many other great options at the link above. Check it out!

If you'd like to see some other options, please visit my page on [weight lifting shoes](#).



You'll find over 30 accessories in the [WLC Program](#) much like the ones I've shown you here that will help you reach your goals even faster!

I can't wait for you to try some of these accessories!

## 9. The Full WLC Program Package

For those of you who may be interested in the Full Version of the WLC Program, I've put this section together to give you the details you need before you decide to purchase the Full Program.

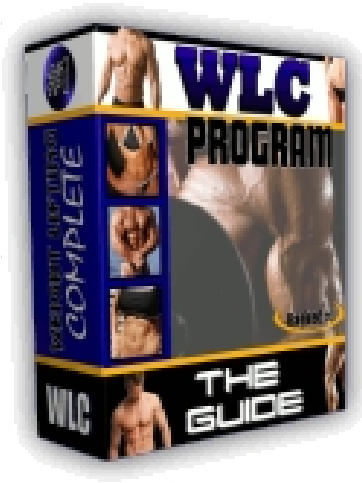
The [Full WLC Program](#) (as shown below) is **only \$49** at this time.

The price of the program will go up as I continue to add features. If you purchase the program at this time, you get free lifetime updates. This means you get all the new features of the program for free! And I've got a lot of new features planned!



I'm going to give you all the details you need to know about the WLC Program over the next several pages. I think you're going to be pleasantly surprised at what you get inside this program...

## 9.1. The WLC Program Guide



ide is the main guide to the program. The program is to help you get the body you've always possible time.

0 pages in length. It's easily organized so you ough the manual in no time. It only includes o get the body you want as quickly as possible.

The WLC Program Guide is packed full of secrets, tips, and tricks that you simply won't find anywhere else.

You won't have to search your way through several websites, books, and perform research just to find the best way to build muscle and burn fat. I've done all of that for you! You will have everything you need in one location.

You won't have to make mistakes and worry that you're not doing something the best possible way. You will know that you're doing everything correctly simply by following the program guidelines.

There are 8 main sections within the WLC Program Guide. Each is filled with information you need:

- 1) Weight Lifting
- 2) Diet and Nutrition
- 3) Cardiovascular Exercise
- 4) Tracking, Measuring, Adjusting
- 5) Rest and Recovery
- 6) Muscle Building Principles
- 7) Fat Loss Principles
- 8) Planning Your Program

I want to give you a few of the details you're going to get in each section of the WLC Program Guide. Ready?

## **Weight Lifting**

- Learn how to double or even triple the amount of muscle you can build compared to typical weight lifting programs.
- Learn how to do exercises properly which leads to much faster progress. You'll stay injury free when you learn proper exercise form.
- Learn the proper way to perform a rep and the optimal intensity for weight lifting so you never over train.
- Learn how to warm up properly so you're lifting heavier weights throughout each workout. The vast majority of people never gets this right and waste their time and effort in the gym.
- Learn 10 of the best secrets for lifting heavier weight during a workout. You'll be amazed at the weight you can lift when you use these secrets.
- How to develop the attitude and mentality you need to be successful at weight lifting.
- Learn the true purpose of weight lifting. If you don't get this one right, you will never get the body you want quickly!
- How to build a balanced physique with the best muscle building exercises for each major muscle group.
- Learn the truth about free weights and machines. Which one is better? Do machines really work for building muscle and strength? This decision alone could cost you years of progress.
- Learn just how important proper form and technique on weight lifting exercises can be. If you get this right, you could save yourself years of time.

- Learn how to save thousands of dollars per year in gym costs. You'll get all the information you need to build a properly equipped home gym.
- You'll learn why you should avoid personal trainers that charge a ridiculous amount of money to help you. Did you know the cost of the WLC Program is less than a single, one hour session with a personal trainer?
- Learn how to tap into the amazing strength you have within yourself to lift heavier weights. Do you realize the amount of strength you have within your body? You soon will...
- Decrease your chance for injury and increase your performance by following specific warm up guidelines.

## **Diet and Nutrition**

- Learn how to make the right choices when it comes to buying and eating foods. When you have the info you need to make the correct choices, it's much easier to eat healthier.
- The right foods can take you one small step closer to your goals while the wrong foods can take you one huge step backwards. Learn why every meal and every piece of food that you put into your body affects your results.
- Learn the true purpose of food. 99% of people do not know or realize the true purpose of food. When you learn the true purpose of food, you're entire outlook will change! The results you want will come easier and faster.
- Learn about the single most important nutrient in your body. You're probably not getting enough of this nutrient. When you do, your body will begin to change!
- Learn what you shouldn't be drinking. This is probably going to surprise you. I bet some of things you normally drink are killing your progress. You've got to see this.
- How much protein should you be eating each day? Are you eating enough protein or too much? Learn the optimal amount for building muscle and burning fat.

- How often should you be eating? Did you know protein cannot be stored within the body like carbohydrates and fat? Learn how many meals you should be having each day and how often you should be eating.
- Do carbohydrates make you fat? Do low carb diets work? Finally, learn the truth about carbohydrates.
- Do you know what to look for on nutrition labels? When you see certain ingredients in a food, you should know not to buy these foods. Certain foods can stop your progress in its tracks!
- Learn the real truth about fats. How much fat do you need in your diet? Learn the optimal amount of fat to have in your diet to create the optimal environment for building muscle and burning fat.
- Learn how to use the law of energy balance to your advantage. Most people have no idea how this law works.
- Learn how to permanently lose body fat. Have you been on a program before that only provided temporary results? Most all of us have, and it's not your fault!
- Learn the exact amount of protein, carbs, and fat to have in your diet. Get this right, and your results will vastly improve.
- Learn how to manipulate the amount of protein, carbs, and fat in your diet to build even more muscle and burn more fat.
- Learn how to eat properly to promote muscle gain and fat loss, increase your metabolism, control hunger, and create higher energy levels throughout the day.
- Learn how to construct a daily meal plan with the perfect combination of protein, carbs, and fat that will lead to you getting permanent results faster than ever before!
- Pre and post workout are two of the most vital times in your quest to get the body of your dreams. Learn how to eat properly around your workouts so that you maximize your results.

- Learn a new and better strategy for fat loss. Hint: It doesn't involve starving yourself. You eat larger amounts of food and burn fat faster than ever before!
- Once you learn how the human body works, fat loss becomes very easy. And you will soon learn how the human body works...
- Learn how to accurately estimate the number of calories you need to be eating to reach your goals. You'll know exactly where to start with the amount of food to eat, and you'll know where to go over the next several months with your food intake.
- Learn a simple method of manipulating your calorie intake to get amazing fat loss results.
- Learn how to manipulate your carbohydrate intake to increase fat loss. This is an advanced technique made simple with the WLC Program.
- Learn the truth about cheating on your diet. Should you purposely cheat on your diet every so often to get better results? Find out...
- Learn how to make adjustments to your diet to continue making progress. Your body adapts to anything you throw at it. You have to know what to change when the body won't!
- See sample meal plans that are perfect for building muscle and burning fat. Learn how to easily design your very own custom meal plans.
- Get your complete list of the best sources of protein, carbohydrates, and fats. Stick to these foods and you can't go wrong.

## **Cardiovascular Exercise**

- Learn why cardio is so powerful and why you must include it in your program. Many of the so called experts give advice to people telling them that cardio isn't important. I fell for that once myself. Don't let that happen to you!



- After learning the benefits of cardio, you'll want to rush out and start doing your cardio right now! Let me just say that when you do cardio correctly, fat will appear to melt right off your body.
- Do you know the difference between aerobic and anaerobic exercise? You need to know the difference. Everything is explained to you in simple terms...
- Learn the perfect intensity for burning fat during your cardio sessions. So many people have this wrong, and that's why those people never get results! You won't have to worry about that now.
- Learn the true secret to burning fat fast. The vast majority of people throughout the world take the easy way out and that way never works. Lose body fat permanently with this secret!
- The WLC Program strategy for burning fat is different than anything you've ever seen before. You don't have to starve to burn fat. It's actually counter productive to starve yourself. Learn how to easily burn fat from your body with this new and proven strategy!
- Learn about the different types of cardiovascular exercise and the absolute best type for burning fat and helping improve recovery between workouts.
- Learn how to find your personal target heart rate zone for burning fat during cardio. The WLC Program includes a simple calculator to help you find the perfect target heart rates for burning fat!
- Learn how to create a calorie deficit through cardiovascular exercise without creating a starvation response from the body. If you trigger a starvation response from your body, you can forget about making any progress! Learn how to not create this response...
- Learn about the best cardiovascular activities and how to have fun doing your cardio. Changing activities keeps your body from adapting, and it will adapt and fat loss will slow if you don't follow the proper protocols.
- Learn the pros and cons of High Intensity Interval Training (HIIT). Learn whether or not you should be using this method of cardiovascular exercise. Is it really as great as so many people say it is? Learn the truth about HIIT...

- You need to concentrate on getting better at cardio just as you have to with weight lifting. Learn how to make progress every time!
- You need to know the best times during the day for doing cardio. Get the most out of each cardio workout by doing them at the correct time. You don't want to miss this...
- Learn the best muscle building cardio strategy and the best fat loss cardio strategy. Let me just say that they are very different!
- Learn how to manipulate your cardiovascular exercise to burn fat consistently each and every week.

### **Tracking, Measuring, Adjusting**

- The WLC Program adapts to you and your body. This program works for everyone for that very reason. Other programs do not adapt to you and only work initially. The WLC Program gives consistent results so you get the body you want faster than ever!
- Learn the correct pieces of information to track in your program. Learn what you need to track and why.
- A log book is the key to keeping track of everything you need. You get the WLC Log Book that helps you easily keep track of everything you need.
- You will learn how to assess your progress on a weekly basis and make changes as needed. Other programs have you continue for months without making progress. Not on WLC... You get continuous and consistent progress!
- Learn all the options you have when it comes to making adjustments to your program. You won't find this type of information anywhere!
- Learn how to take accurate and precise measurements. You will learn how to measure body fat percentage quickly and easily. And you'll learn where to take some other measurements that tell you if you're making progress.

- You'll get measurement sheets for recording the correct measurements. Quick and easy measurements that tell you how much progress you've made.
- Learn how to quickly and easily calculate the amount of muscle and fat that you have on your body. You'll measure this on a weekly basis and use this as an indicator of progress.
- Learn how to control your results and get the body you want. You get the results you want – not what some creator of a program wants you to have. You are in control.

### **Rest and Recovery**

- Learn why you need to optimize rest and recovery from a workout and how to increase your recovery time. You'll build muscle and lose fat faster than ever before.
- Learn the truth about overtraining. Learn how to recognize when you're overtraining. You will learn the real keys to preventing overtraining that no one else can tell you. Overtraining will stop your progress completely. You need to know how to prevent this from happening.
- Learn more about the huge myth of full muscle recovery. Do you really need to fully recover from a workout before working the muscle again? You will severely limit your progress if you don't know the truth.
- Learn about the best indicator of recovery from a workout. Use this to monitor your recovery from workouts.
- You need to know all of the factors that affect your recovery. Can you name some of them? You can control most of these and you must if you want to make the fastest possible progress.
- Learn more about some simple steps you can take to decrease stress in your life. Stress is a killer of progress, and you'll make sure you decrease stress by following these simple steps...

- Sleep is one of the most important factors affecting your recovery. If you want to sleep better and make unbelievable progress, you need to follow these steps...
- Massage is something you can now do on your own with a special tool. If you've never used massage to recover from workouts, you'll be pleasantly surprised at the results. Learn how for next to nothing in terms of cost and time...
- Would you like a pain free body the rest of your life? Sounds good, doesn't it? You can now have a pain free body by following these simple steps...
- I've got some special tactics you can use to improve your recovery between workouts. You don't want to miss these!
- All of your hard work can go directly down the drain if you choose not to optimize your rest and recovery. Do the right things and get rewarded for your hard work.
- Every single aspect of the WLC Program is designed to optimize your rest and recovery so you don't waste your efforts!
- A weighted stretching strategy that will help you recover faster and possibly increase the number of muscle fibers throughout your body!

## **Muscle Building Principles**

- Finally understand the process of building muscle. Building muscle is a huge mystery to most people. You'll learn the secrets behind building muscle.
- You'll be able to build muscle on demand once you learn the secrets behind building muscle.
- Your body doesn't want to change. You've got to prove to your body that it needs more muscle. Learn how...
- Find the truth about rep ranges. Do higher reps build endurance while lower reps build strength? The answer is NO! Learn why...

- Learn more about the most important factor in building muscle. When you understand this concept, you will know how to design weight lifting programs that work!
- Learn how to recognize the symptoms of overtraining. Lack of motivation and sleeping problems are just a few of the symptoms. I've got 10 more symptoms to help you recognize overtraining before it occurs.
- Learn more about weight increments and the best strategy for increasing the amount of weight you lift. Learn how to build muscle and strength with the size of your weight increments.
- Learn how to create a muscle building stimulus with every workout. Get results from each and every workout! There are no wasted workouts with the WLC Program.
- Learn the exact timeline for building muscle after a workout. How long do you have after a workout until the muscle building process slows?
- Learn how to provide an even greater muscle building stimulus after a workout. This one goes against the advice of the so called Internet experts because it works wonders! Let them stay the same while you make progress every workout.
- Learn why a split routine slows your progress. Many personal trainers will tell you that you will only gain 5 pounds of muscle mass per year. That's nonsense! No wonder they tell you that. They don't know how to build muscle!
- Build at least 2 to 3 times the amount of muscle with the WLC Program than other once per week split routine programs.
- Is training to failure necessary to build muscle? Learn the truth about going to failure once and for all.
- Learn the significance of the burning sensation when working a muscle. The burning can be painful, but is it beneficial?
- Should you workout if you are sore? The answer to this question could cost you years of progress. Learn the truth today.

- Learn the correct way to perform each rep. Proper technique alone can vastly improve your results.
- Learn why you need more strength to build muscle and why you need more muscle to build more strength. And then you'll learn how to get more of one and more of the other!
- When you understand the relationship between strength and size, you'll learn how to prevent plateaus.
- Learn 3 very important factors for building muscle consistently. The WLC Program is designed around these 3 factors.
- Learn how to create the optimal muscle building environment within your body.

### **Fat Loss Principles**

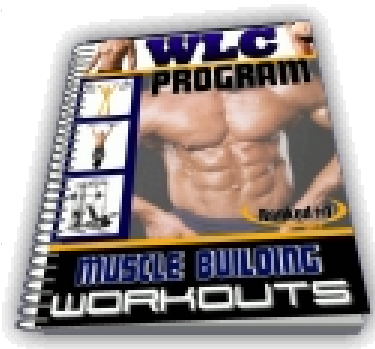
- Learn how fat loss programs threaten the body. When the body is threatened, fat loss will slow to a halt and muscle will be used as an energy source. You'll learn how to prevent this and burn fat consistently.
- When you threaten your body by decreasing calories to low levels, you lose! The starvation response kicks in, and you will not lose any fat. You'll learn how to lose fat fast without starving yourself.
- Learn why you have gained weight quickly in the past after a weight loss program. You'll get permanent fat loss results with the WLC Program.
- Learn why the number on the scale is not important! The number on the scale will mislead you into thinking you are making progress when you're actually not! Start using the correct method of measuring your progress.
- Learn how to create a calorie deficit without threatening your body. This is the secret to fat loss! The fat will begin to melt right off your body.
- How to disguise the calorie deficit through your diet. This just may be the most amazing fat loss strategy in the world!

- Burn fat directly from your body with the correct type of exercise and the correct intensity.
- Learn the importance of muscle for fat loss. Too many people do not understand this concept, and it severely limits their ability to burn fat from their body.
- Learn the real truth to getting six pack abs. Will the best ab exercises help you get the abs you want? Learn the truth, finally.
- Learn why water intake is so important for fat loss. You'll learn how your body works and why it's so crucial to drink the correct amount of water.

### **Planning Your Program**

- Learn about the factors that affect your results. Many people have no idea what affects their results. How can two people do the exact same thing and get different results. Once you understand this, you can make adjustments to get faster results!
- You'll learn what type of results to expect while on the WLC Program and exactly how long it should take you to get the body you want.
- Learn how to adjust your expectations based on your individual traits. Will you build muscle and burn fat faster than average? Find out...
- Guidelines for writing powerful goals that inspire you to meet them. Wouldn't it feel great to meet all your goals and get rewarded when you meet them?
- Learn the importance of visualization. You will be amazed at the results visualization can provide. Learn how to greatly increase your results with this simple technique.
- Learn how to create your greatest ally in the race to get the body you want. You will stop sabotaging your plan when you create this all-important ally. Very powerful stuff here!

## 9.2. The WLC Weight Lifting Workouts



Workouts are designed to help you make the life in terms of building muscle and building

signed to work together to produce the fastest

During each phase, you use a new and more advanced strategy to continue your quest. Your body never adapts because you're always changing something!

With each and every program, you get printable workout logs to take with you to the gym.

Everything you need to know is explained.

You see, you actually get an intelligent plan and approach to building muscle and strength with the WLC Program workouts. You know exactly what to do each workout. When you begin to have trouble increasing the weight, you know exactly what to do.

Each workout program is designed around the best muscle and strength building factors. You never get bored because every workout program is different. And you learn about the different benefits with each of the workout programs.

You'll look forward to each and every workout because these weight lifting workouts actually provide you with results! You will make progress each and every workout, and you'll never waste your effort in the gym.

You get over a year's worth of weight lifting workouts!



## The Guide to Supplements and Accessories



and accessories guide, you get information on over 70 accessories.

Without supplements and accessories because I don't want to waste my hard-earned money on useless products.

I include all of my favorite supplements and accessories within this manual. I've been using some of them for several years. And why would I continue to spend my money if they didn't work? I spend my money wisely, and I want you to make sure you aren't wasting yours.

I've been conned in the past by some horrible supplement companies with their useless products. I've learned from my mistakes, and I want to make sure those companies don't steal your money!

This manual alone will save you thousands of dollars. It's packed with over 70 pages of information on only the best supplements and accessories to help you get the body you want in a shorter period of time.

### 9.3. The WLC Log Book

You must keep track of the most important pieces of information because you need them to adjust your program!

This log book is going to be with you each and every day. I've made this log book in order to help make things easier for you.

You will get your copy of the log book in spreadsheet format so you can keep track of everything on your computer. You'll get it in both Microsoft Excel format and the free Open Office format. Everyone will

have access to the free Open Office. It's a free package much like Microsoft Office. I actually like it much better than Office.

Do you want to see what's included in the WLC Log?

- Goal Planning Sheet and Calculators
- Tables for the Best Food Sources
- Calorie Level Calculators
- Pre and Post Workout Meals Calculator
- Calorie Cycling Calculators
- Meal Planning Sheets
- Personalized Food Database
- Diet and Weekly Assessment Tracker
- Weekly Planner
- Body Fat Tables
- Measurements Log
- Cardio Calculator
- Cardio Log
- Rep Calculator
- Carb Cycling Calculator
- Phase 1 thru 6 Workout Logs

The WLC Log Book is easily worth the entire cost of the program. This log book will make your life easier.

You'll only need to spend a few minutes each day entering the required information. You'll love this log book, and it will turn into one of your prized possessions.

## **9.4. Lifetime Support**

You don't have to pay extra to protect your investment in this program. This program is in electronic format, so you can download it to your computer.

Some of my competitors will ask you to pay for download insurance that protects you if you lose your copy. You may lose your copy due to your hard drive crashing or simply deleting the file unknowingly.

I provide you with instant access to the program whenever you want it. You'll get access to the owners section of the website in which you can download the WLC Program at any time of day.

You see, if you pay for the program, you'll always have access to the program for free (as you should!).

You don't have to pay me again like other people ask you to do. That's a rip off, and I do not do that kind of business. I find it ridiculous that others try that scam! I'm a customer too, and I simply cancel if I see anything similar when trying to purchase something.

## **9.5. Free Updates**

If you purchase the WLC Program right now, you will get free access to all the updates I will add to the program in the future.

Even as the cost of the program rises due to new features being added, you get all of those new features for absolutely nothing!

I believe in continuous improvement, so I will be adding more to the package in the future.

The cost of the package will go up as I add new products and features to the package. If you get yours now, you will get all of those upgrades at no cost. You'll have access to the owners section of the website in which you can get anything related to the WLC Program!

## **9.6. Unlimited Q&A**

This is probably worth more than anything else in the WLC Program Package. I will answer an unlimited number of questions for you. If

you have a question that needs answering, I will answer it in detail and in a timely manner.

I take this very seriously. I don't ignore you like so many others do! I will answer your email, and you will get a fast response. You don't have to wait a week to get an answer from me. Most of the time, you don't even get an answer from my competitors!

Wouldn't it be nice to ask an important question and actually get an answer?

Well, that's what you get from me when you purchase the Full WLC Program package! When you become a customer of mine, you get top priority. Why? Because I want you to get what you want. I am here to help you.

## **9.7. Instant Access**

The WLC Program costs so little because it's not a hard copy product. You get instant access to the files for download. You will save them to your computer. You can print them out yourself.

If the program was a hard copy version, it would cost me much more to print, organize, distribute, and ship. I have chosen to only sell electronic versions so I can keep the overall cost to you at a minimum.

You don't have to wait to receive the WLC Program. As soon as you pay, you get instant access to the WLC Program Package and the Owner's section of the website!

You can [get your copy right now](#).

## 9.8. Sixty Days No Risk Guarantee

When you purchase the WLC Program Package, you get my 60 day, no questions asked, full money back guarantee. You are risk free when you purchase the WLC Program!

If the WLC Program isn't everything I've promised you, all you have to do is send me an email within 60 days of the purchase date. And you'll get a no hassle, full refund.

So you have 60 days to try this program at no risk to you! You just can't get any better than that.

With this guarantee, you can see how confident I am that this program will work for you. Get your copy of the WLC Program right now!



**[Go to the WLC Program Page and Add to Cart](#)**

And get instant access to the Full WLC Program!

## **10. Get the Full WLC Program Package**

This will seriously be the best investment you've ever made in your life in regards to improving your appearance and your health. If you're willing to work hard to change your body quickly, this is the program you need.

The cost of the program is less than a single session with any personal trainer. And after you read the program, you'll know more than 99% of the personal trainers out there! The knowledge you gain is worth much more than the cost of this program.

You could actually start your own personal training business with the knowledge you gain from this program.

If you didn't get a chance to read everything included in the WLC Program Package, please do so in [section 9](#) of this manual. You will be amazed at what you get.

**You get a step-by-step guide including weight lifting workouts, diet plans, aerobic exercise plans, and much more.**

**Follow the program, and you will get the fastest and best results of your life. Guaranteed.**

You get a full 60 days to try the program risk free. If it's not everything I've promised, I will promptly and courteously refund your money – no questions asked.

If you have any questions at all before ordering, please contact me: [josh@weight-lifting-complete.com](mailto:josh@weight-lifting-complete.com)

Order the [Full WLC Program Package here](#). You get instant access to all of the eBooks!

## Thank You for Reading!

If you enjoyed this manual, **please share it with anyone you think may benefit in any way.** Email it to them or give them the link to the [Weight-Lifting-Complete.com](http://Weight-Lifting-Complete.com) website.

Your family, friends, and co-workers will be very thankful that you helped them save years of their time and thousands of dollars! Help them live a longer and happier life through the WLC Program.

I don't know about you, but I don't want to lose my family and friends sooner than I should. And I definitely don't want to leave them alone without me sooner than I should. It hurts to lose someone simply because they didn't take care of their health.

**Now is the time to make a change in your life.** Your body just can't afford to wait any longer. Your body deserves to be treated better! When you see how great it feels, you'll want the people you love to feel the same thing!

As always, if you need help with anything or have any questions at all, don't hesitate to email me at [josh@weight-lifting-complete.com](mailto:josh@weight-lifting-complete.com)

Warm Regards,  
Josh



### **P.S.**

Don't forget that you can vastly improve your results with the Full WLC Program Package. You have 60 days to try it risk free. It's only \$49 and that includes unlimited email coaching directly from me! **[Get your copy of the WLC Program right now.](#)** You'll be happy you did when you look in the mirror a few months from now!

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